

# SENIOR SPARKS

## *Mansfield Senior Center Newsletter*

~ JUNE 2015 ~

### MSCA 3<sup>RD</sup> WEDNESDAY



### JOIN US FOR A PICNIC STYLE LUNCH AND A GREAT SHOW!

#### ***THE MENU:***

Hamburgers, Hot Dogs, Potato Salad,  
Garden Salad & Carrot Cake.

#### ***THE ENTERTAINMENT:***

“Still Pickin,” a local Country-Western music group will blow us away while performing country-western and bluegrass tunes! Jim and Bob are members of the CT Country Music Hall of Fame, and Myrna is an award winning songwriter who hosts the New England Bluegrass Showcase. Sit back and listen or sing along!

**WEDNESDAY, JUNE 17<sup>TH</sup>**  
**LUNCH AT 12PM**  
**ENTERTAINMENT AT 1PM**

**\$5 PER PERSON**  
**REGISTER AT THE FRONT DESK BY JUNE 9<sup>TH</sup>**

### SUMMER NIGHTS ~ SUMMER FUN!

Kick off our Summer Evening Series with great company, a delicious meal, and all your favorite toe tapping songs from the 50s, 60s & 70s performed by the Armentano Brothers!

We'll be serving:

Pulled Pork Sandwiches,  
Coleslaw, Macaroni Salad,  
Peach Cobbler & Iced Beverages

**Friday, June 12th at 5:00pm**

**\$8.00 per person**

**Please call 860-487-9870 to register  
by June 5th**

### THE ART OF PHOTOGRAPHY SHOW & OPENING RECEPTION



The Mansfield Senior Center Photography Club will transform our dining room into an art gallery during the month of July, filled with beautiful & intriguing images! Fourteen members of the club will exhibit their personal color and black & white works—an extraordinary show not to be missed!

**Join us for an Opening Reception &  
an opportunity to meet the artists on  
Wednesday, June 24th at 2:00pm**

Refreshments will be provided.  
Please RSVP to 860-487-9870 by June 22

**Mansfield Senior & Wellness Center**  
**303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208**  
**Town Website: [www.mansfieldct.org](http://www.mansfieldct.org)**



## MANSFIELD SENIOR & WELLNESS CENTER

**HOURS:**  
MONDAY TO FRIDAY  
8:30 AM TO 4:30 PM

**TEL: 860-429-0262**  
**FAX: 860-429-3208**

**E-MAIL: SENIORCNTR@MANSFIELDC.T.ORG**  
**TOWN WEBSITE: WWW.MANSFIELDC.T.ORG**

### SENIOR CENTER SUPERVISOR:

SARAH TAYLOR  
860-487-9874

### VOLUNTEER TRANSPORTATION COORDINATOR:

GIANNA STEBBINS  
860-487-9877

### RECEPTIONIST:

KATHY YAFFEE  
860-487-9870

### SITE SERVER:

SHARON CARON  
860-487-9876

### SOCIAL WORKER:

KATHY ANN EASLEY, LMSW  
860-487-9873

### SENIOR RESOURCES

*Area Agency on Aging*

1-800-690-6998

[www.seniorresources.org](http://www.seniorresources.org)

### DIAL-A-RIDE TRANSPORTATION

is available for Mansfield residents.

Please call 860-456-1462 at least **48 hours** in advance.

This service is provided by the Windham Regional Transportation District.

## Senior Center Update

*From Sarah Taylor, Senior Center Supervisor*

**And what is so rare as a day in June?  
Then, if ever, come perfect days."**

**- James Russell Lowell**

And, here we are, after what felt like a never-ending winter, welcoming long summer days and warm summer nights. The possibilities are endless with summer stretched out before us!

We're very much looking forward to a fun-filled summer here at the Senior Center! Be sure to join us for the first night in our Summer Evening Series on June 12th. After a delicious meal, the Armentano Brothers will get you tapping your feet and singing along to all your favorite songs from the 50s, 60s & 70s! June 17th brings us to our last 3rd Wednesday until September, with a picnic-style lunch & good ole' country-western & bluegrass music performed by Still Pickin. On June 24th, we'll host an Opening Reception for the incredibly talented members of Photography Club, who will display their work in the Dining Room during the month of July!

It's also a great time of year to get out & enjoy this beautiful state we live in! Take a look at all of the June Day Trips on page 7. Did you know that Seniors can get a free pass to CT State Parks? Look for more information on the back page!

As always, if you have ideas, suggestions or feedback, please let me know. I hope to see you here soon!

## VOLUNTEERS NEEDED!

We're looking for a few good Volunteers here at the Senior Center! We need friendly people to help out at our **Receptionist Desk**, **serve lunches in the Dining Room**, and **deliver Meals-on-Wheels** to homebound Seniors. If you love working with great people and have a few hours per week to give, please see Sarah or Kathy Yaffee!

Thank You to all the great folks at  
**TRI-COUNTY GREENHOUSE**  
for planting and growing the  
beautiful pots of herbs for our  
Volunteer Appreciation Reception!



**MANSFIELD SENIOR CENTER ASSOCIATION, INC.**  
*Greetings from MSCA*

Good Weather is here! Mark your calendars, for **June 10, the Annual Meeting of the Mansfield Senior Center Association.** Sept 14, 1975 an open House was held to introduce the public to the Mansfield Senior Center. The first officers were elected March 1976. In Sept, we will be 40 years young. Please show your support, we will have a Pot Roast and Potatoes dinner, and an Ice Cream Social after the meeting. You are welcome to just come for the meeting we look forward to seeing you. Please come to **Vote** and express your opinions.

I have copies of the history of our organization, I will leave copies at the front desk for your convenience, so you can read about us.

There will be a picnic and Country Western/bluegrass band for entertainment on June 17<sup>th</sup> for your enjoyment.

If anyone is interested in assisting with programming these events, please call or tell us we will need people on the program committee. Please call me if you have any ideas you want to share.

Stay healthy and think good thoughts. My home phone number is 860-429-1183.

Sincerely, Jean Ann Kenny, President.

**MANSFIELD SENIOR CENTER  
EXECUTIVE BOARD MEMBERS**

**President: Jean Ann Kenny**  
**Vice President: Linda Wohllebe**  
**Immediate Past President: Rita Braswell**  
**Secretary: Bev Gotch**  
**Finance Officer: vacancy**  
**Assistant Treasurer: Kathy Rule**  
**Treasurer: Mike Beschler**  
**Subscription Manager: Kathy Rule**  
**Member at Large: Sam Gordon**  
**Computer Committee Chair: Rotating**  
**Program Committee Chair: Joan Terry**  
**Sparks Committee Chair: Rita Braswell**  
**Travel Committee Chair: Kay Warren**  
**Ways & Means Committee: Betty Savage**

**To reach the Association President,  
please call 860-429-0262, ext. 5**

**MSCA  
LUNCHEON & ANNUAL MEETING  
~ JUNE 10<sup>TH</sup> ~**

**Lunch at 12pm:**  
Pot Roast, Mashed Potatoes,  
Carrots and Dessert

**\$5 per person**  
**Please make your reservation  
at the Front Desk by June 2<sup>nd</sup>**

**We encourage you to stay afterwards to  
attend the Association meeting at 1:00 pm.**

It's time to voice your  
thoughts and suggestions!

- Vote for officers
- Pass a budget

You may come just for the meeting.  
We'll be serving Ice Cream Sundaes  
after the meeting.



**THANK YOU OH SO MUCH!!**



**TO THE CHORUS & SPARKETTES FOR A  
FABULOUS PERFORMANCE HERE IN MAY!**

**TO ALL THE SENIORS WHO HELP PRODUCE,  
EDIT, COLLABORATE & MAIL THE SPARKS!**

**TO ALL THE SENIORS WHO VOLUNTEER IN  
OUR KITCHEN AND AT THE RECEPTION DESK!**

**TO ALL OF OUR VOLUNTEER DRIVERS!**

# Focus on Fitness

## Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!



**Mondays 9:00-9:40am**  
**Wednesdays 9:00-9:40am**  
**Fridays 9:00-9:40am**

**There is no need to pre-register and no fee for this class.**

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## Sparkettes Class

This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. **Pre-registration is required.**  
**Mondays 10:15-11:45am**



## Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork. **Pre-registration is required.**



**Wednesdays 1:00-2:00pm**  
**4 Classes—\$20.00R/\$24.00NR**

## Senior Aerobics

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. **Pre-registration is required.**



**Mondays at 9:00-10:00am**  
**5 Classes—\$25.00R/\$30.00NR**

**Thursdays 3:15-4:15pm**  
**4 Classes—\$20.00R/\$24.00NR**

## Strength & Stability

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.



**Tuesdays & Thursdays**  
**8:30-9:30am**

**\$5.00R/\$6.00NR per class**  
**This class will be billed monthly based on attendance.**  
**\* No Class 6/23 or 6/25 \***

## Power of Aging



This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Tuesdays 11:00am-12:00pm**  
**Thursdays 12:30-1:30pm**  
**\$5.00R/\$6.00NR per class**

**This class will be billed monthly based on attendance.**  
**\* No Class 6/30 \***

## Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class.



**Pre-registration is required, and this class is limited to 9 participants.**

**Wednesdays 11:00am-12:00pm**  
**4 Classes—\$20.00R/\$24.00NR**

**\*Due to Popular Demand\***  
**\*New Class is Coming Soon\***

**\* NEW \***

## Tai Chi Cooperative Group



Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**Wednesdays 10:00-11:00am**

**There is no need to pre-register and no fee for this class.**

## Sit & Get Fit

Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. **Pre-registration is required.**



**Fridays 10:30-11:30am**  
**3 Classes—\$15.00R/\$18.00NR**  
**\* No Class 6/19 \***

**\* Resident and Non-resident Prices listed are for the month of June\***

**Classes do fill up, so please register early!**

**For more information, please call Kathy Yaffee at 860-487-9870.**



## CREATIVE ARTS

### **Wood Carving**

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

**Wednesdays at 9:30 am**

### **Quilting**

Come to quilting and work the entire day on one project or on several projects of your choice. Pat will be your "quilting coach" during this new extended day format which will be on the 1st and 3rd Mondays of the month from 10am to 4pm with a 1/2 hour break for lunch. Bring your lunch, sign up ahead of time for lunch at the Senior Center, or order a take out lunch at a local restaurant.

**Mondays, June 1st & 22nd**

**from 10:00 am-4:00 pm**

**\$30.00R/\$35.00NR per day**

### **Jewelry**

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays at 1:00 pm**

### **Knitting & Crocheting**

Come enjoy an opportunity to knit or crochet with friends!

**Fridays at 10:00 am**

### **Art Studio**

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

**Fridays at 1:00 pm**

### **Paint a Birdhouse!**

**Friday, June 5th at 1:00 pm**



Join for this simple & fun project!  
We'll supply everything you need,  
including a variety of wooden birdhouses,  
paint, brushes & shellac!

**\$5.00 per person**

**Please register with Kathy Yaffee  
by June 1st.**

## WELLNESS PROGRAMS

### **Herrmman Blood Pressure Clinic**

Open to those 55 and above. There is no cost and no pre-registration required.

**June 3rd from 11:30 am-12:00 pm**

### **Massage Therapy & Reflexology**

Treat yourself to a massage or reflexology session and reap the health benefits! The cost for a 25-minute session is \$15.00.

**June 17th from 9:00 am-1:00 pm**

### **VNA East Adult Health Screenings**

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

**June 17th from 1:00-3:00 pm**

### **Podiatrist**

Complete foot care & podiatric evaluations.

Medicare will be billed if eligible.

**June 23rd from 9:00 am-12:00 pm**

### **Reiki**

Reiki is on summer hiatus. Appointments will be available again starting in October.

**Please call Kathy Yaffee at 860-487-9870  
for more information or to make  
your appointment today!**

## MSCA Computer Learning Center



Computer Classes will resume in September.

In the meantime,  
PC Help with Dan Gebben is available  
every Monday at 10am.

The Photography Club meets on  
Fridays, June 5th & 19th at 10am.

For more information on the  
Computer Committee or any of their classes,  
please contact them at 860-429-0262, ext. 7

## **GROUPS & CLUBS**

### **Genealogy Group**

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started!

This group meets on the  
**2nd Tuesday of each month at 10:00am**

### **Conversations with Betty**

Mark your calendars—this group will resume on Thursday afternoons in August!

### **Photo Club**

This group meets on the **1st & 3rd Friday of each month at 10:00am**. Please call Dan Gebben at (860) 576-1122 for more information.

### **Senior Center Chorus**

If you like to sing, come and join us! You don't have to be an accomplished singer—there will be music to satisfy both the novice and experienced. We perform at local nursing homes, senior housing and rehabilitation facilities. For more information, contact Stu Sidney at 860-429-7271.

**Mondays 1:30 - 3:00 pm**

### **Writing Group**

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group.

We hope to see you there!

**Wednesdays at 10:00am**

## **FRIDAY AFTERNOONS AT THE MOVIES**

### **B a s e b a l l**

#### **A film by Ken Burns**

Join us for the continuation of this Emmy Award-winning story of America's national pastime from master storyteller Ken Burns. It is a saga spanning the quest for racial justice, the clash of labor and management, the immigrant experience, the transformation of popular culture and the enduring appeal of the national pastime.

Of course, an iced beverage & popcorn will be provided!

**Fridays, June 5th & 26th at 1:00 pm**



## **~ CARDS & GAMES ~**

### **WII BOWLING**

**Mondays at 10:00am**

**Tuesdays at 10:00am**

**Thursdays at 10:00am**

### **BRIDGE**

**Thursdays at 1:00pm**

### **DUPLICATE BRIDGE**

**3rd Friday at 12:45pm**

### **SCRABBLE**

**Tuesdays at 10:00am**

**Fridays at 10:00am**

### **MAHJONGG**

**Mondays at 1:00pm**

### **BINGO**

**Tuesdays at 1:00pm**

## **MANSFIELD SENIOR CENTER'S Wii BOWLING RESULTS**

Congratulations to our Wii Bowling Travel Team on a fantastic, super fun season! This was our team's first year of competition bowling and we had a terrific time meeting and playing against other Senior Center teams!

Our high scorers during league play were: Jim Campetelle with a 198 game against Glastonbury, a 221 game against East Hartford and a 265 game bowling against Colchester; Pat Cote with a 213 against Wethersfield; and June Curtis with a 255 game bowling against Bristol. Jim Campetelle also bowled a perfect 300 game during practice this season!

On May 13th, our bowlers participated in the end-of-the-year tournament in Bristol. Although we came in last with 2,568 pins, we "held everybody else up" as they say, and had a great day! June Curtis made it into the second round of the individual competition and scored 3rd highest in the 100 pin challenge.

***Congratulations to all of our fine bowlers!***

We need more people, like you, to join our bowling team! If you like a little friendly competition and a lot of fun, stop in and try it!

# SENIORS ON THE MOVE

## *JUNE DAY TRIPS*

**Thursday, June 4<sup>th</sup>:** LUNCH BUNCH: **Uncommon Kitchen @ Windham Tech.** Come enjoy lunch one last time before school is recessed for the summer!! Van will depart center at 11AM and return approx. 2PM. **Lunch entrees range between \$8-\$12.**

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**Tuesday, June 9<sup>th</sup>:** **Hartford Blooms, Hartford, CT** – Experience this showcase of Hartford’s spectacular gardens and historic architecture! Tours include prized private and public gardens. **\$10/person.** Lunch at individual expense – “mystery location”!! Van will depart center at 9:30AM and return approx. 4:30PM

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**Wednesday, June 10<sup>th</sup>:** LUNCH BUNCH: **Bay Path Tech. High School, Charlton, MA** Come enjoy lunch one last time before school is recessed for the summer at this wonderful culinary experience! Van will depart center at 10:30AM and return approx. Lunch entrees range between \$10-\$15.

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**Friday, June 12<sup>th</sup>:** **DAY AT THE SHORE!** Come and share a lovely day at the shore with friends! Lots of nice little shops, lunch spots, and boardwalk to take in the ocean breeze! And, if you are brave enough, there is a public beach there to put your toes in the sand!!! Van will depart center at 9:30AM and return 4:30PM.

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**Tuesday, June 16<sup>th</sup>:** **Gillette Castle, East Haddam,** and Lunch at The Wheatmarket Deli in Chester (also a wonderful Cupcakery in vicinity!!) Van will depart center at 9AM and return at 4:30PM. Lunch at individual expense.

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**Thursday, June 18<sup>th</sup>:** LUNCH BUNCH: **Vanilla Bean Café, Woodstock.** Van will depart center at 11:30AM and return approx. 2:30PM.

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**Friday, June 19<sup>th</sup>:** VITAS Healthcare: **To Honor and Remember, Groton.** Celebrate and commemorate the servicemen and women who gave so much for “the land of the free” on the pier of the Historic Ship Nautilus with a moving service complete with patriotic music and color guard. Refreshments following the program. **FREE.** Van will depart center at 12 noon SHARP and return at 4:30PM.

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**Monday, June 22<sup>nd</sup>:** **Essex Steam Train and Riverboat, Essex.** Step aboard and step back in time! 2 ½ hour combined train ride and boat cruise! \$29/person. **THIS TRIP NEEDS TO BE PAID FOR IN ADVANCE NO LATER THAN FRIDAY, MAY 12<sup>TH</sup>!!!** Van will depart center at 8:30AM and return at 4:30PM. Meal stop will be made on way home – individual expense.

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**Thursday, June 25<sup>th</sup>:** **Yale Peabody Museum and Lunch at Caseus, New Haven.** From dinosaurs to diamonds, mummies to meteorites! Admission \$8. Van will depart center at 9AM and return approx. 4PM. Caseus is a cozy cheese shop French bistro in the Yale section of New Haven. Lunch at individual expense.

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**Tuesday, June 30<sup>th</sup>:** LUNCH BUNCH: **Point Breeze Restaurant, Webster, MA.** Enjoy a glorious summer day on the deck of this New England seafood restaurant on the banks of Webster Lake! Van will depart center at 11AM and return approx. 3PM. Menu available at receptionist desk.

### *Please Note:*

*Lunch cost on these trips is at your own expense.*

*These Trips fill up quickly, so please register early at the Reception Desk.  
For more information on any of these trips, contact Gianna at 860-487-9877.*

# ***MSCA TRAVEL with KAY***

## **The Lucky Lobster ~ June 24th**

Wow—what a deal! Package includes: motor coach, lunch at the Fisherman's Restaurant with your choice of hot lobster roll, native Stonington Sea Scallops or grilled NY strip steak, time at Mohegan Sun Casino with a \$15 food voucher and \$15 free bet bonus and driver's gratuity. (subject to change) **\$76.00**

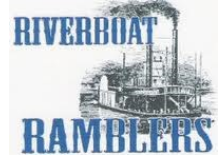


## **Gloucester Luncheon Cruise ~ July 21st**

Package includes motorcoach, 2 1/2 hr Gloucester cruise, elegant buffet luncheon, musical entertainment, free time in Rockport and driver gratuity. **\$90.00**

## **Triple Lobsters ~ August 11th**

The Riverboat Ramblers presents an engaging mix of New Orleans jazz, Cajun, Calypso, rag-time, zydeco, swing and gospel music! Trip includes motorcoach, delicious lunch with 3 Lobsters or Prime Rib, fantastic Riverboat Ramblers show and driver gratuity. **\$90.00**



## **Branson Show Extravaganza ~ September 12th-20th**

**A trip you don't want to miss!** Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **Please sign up early, as this trip will fill quickly!** **\$75.00 deposit** (insurance must accompany deposit if you want the insurance.)



## **Coming in October:**

A beautiful fall foliage trip to **Quechee Gorge** in Vermont! Flyers are available at the Senior Center.

*For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.*

*Kay is available at the Senior Center  
on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

## ***NEWS FROM THE COMMISSION ON AGING***

The Commission on Aging studies the conditions and needs of elderly persons in the Town in relation to housing, economics, employment, health and nutrition, recreation, transportation and other matters. Members serve as a resource group to which Mansfield citizens can turn either individually or as groups when they have problems or questions about programs or needs of the elderly.

**The Commission on Aging meets at the Senior Center  
on the second Monday of each month at 9:30 am, and the public is encouraged to attend.  
For more information, please contact Commission Chair Will Bigl at 860-429-0180.**

## ***~ OUR FUTURE TOMORROW LIES IN YOUR VISION TODAY ~***

The Senior Center is a refuge for many Mansfield people. Without its enrichment their lives would be lonely and dull, devoid of sociability and human contact. Other Seniors use it as one facet of an already interesting, busy life. Some use it for travel, some for education, some for hobbies, some for lunch, some for games, etc. However you view the role of the Senior Center in your life, the fact is that the building is showing its age and needs your support. If you have come from, or visited, another town, you know our Center lacks many features that are standard elsewhere. A few people are studying what the Center should look like in ten or twenty years to accommodate a changing and growing senior population. Can you give one hour a month to explore possibilities? It is important to be ready when the town decides it is the strategic time to recognize the value of updating the Center to meet the times. What is your vision of the best Senior Center? Tell us and work with us the second Monday of each month at 2:00 pm at the Center. See you there. For more info: 860-429-5279.



# ~ TVCCA SENIOR CAFE JUNE MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CHEESE OMELET ROASTED POTATOES CHUCK WAGON VEGGIES ORANGE JUICE CHOCOLATE CHIP COOKIE	<b>2</b> CHICKEN CACCIATORE SEASONED RICE ITALIAN VEGETABLE MEDLEY PINEAPPLE CUP	<b>3 JUNE BIRTHDAY LUNCH</b> ALL BEEF HOT DOG BAKED BEANS BROCCOLI & CARROTS FRUIT COCKTAIL  OR EGG SALAD PLATTER	<b>4</b> COD NEWBURG (NO SHRIMP) MACARONI & CHEESE MIXED VEGETABLES PEARS & MANDARIN ORANGES	<b>5</b> SWEDISH MEATBALLS SEASONED RICE GREEN BEANS & DICED TOMATOES FRESH ORANGE  OR TURKEY COBB SALAD
<b>8</b> SALISBURY STEAK WITH GRAVY BUTTERED NOODLES PEAS & CARROTS PEARS & MANDARIN ORANGES	<b>9</b> MAPLE DIJON GLAZED HAM MASHED SWEET POTATOES GREEN BEANS CRANBERRY JUICE SUGAR COOKIE	<b>10 MSCA LUNCH &amp; ANNUAL MTG</b> POT ROAST MASHED POTATOES CARROTS & ICE CREAM SOCIAL  \$5.00 PER PERSON REGISTER BY 6/2	<b>11</b> MEATBALL GRINDER WITH 6" SUB ROLL & MOZZERELLA CHEESE ITALIAN VEGETABLE MEDLEY APPLESAUCE	<b>12</b> HUNGARIAN CHICKEN PAPRIKA ROASTED POTATOES MIXED VEGETABLES FRUIT COCKTAIL  OR TUNA SALAD PLATTER
<b>15</b> BAKED COD WITH CORN SALSA CUMIN & GARLIC RUBBED POTATOES CAPRI VEGETABLE MEDLEY PEACH CUP	<b>16</b> SLOPPY JOE WITH BUN BUTTERED NOODLES PEAS & CARROTS FRESH ORANGE	<b>17 3RD WED</b> HAMBURGERS, HOT DOGS, POTATO SALAD, GARDEN SALAD & CARROT CAKE  \$5.00 PER PERSON REGISTER BY 6/9	<b>18</b> WESTERN OMELET ROASTED POTATOES MIXED VEGETABLES FRUIT COCKTAIL	<b>19</b> BONELESS PORK RIBS WITH BBQ SAUCE RICE PILAF BROCCOLI PINEAPPLE CUP  OR EGG SALAD PLATTER
<b>22</b> BEEF & BEAN CHILI SEASONED RICE CHUCK WAGON VEGGIES FRESH FRUIT	<b>23</b> MEATLOAF WITH MUSHROOM GRAVY MASHED POTATOES MIXED VEGETABLES PEACH CUP	<b>24</b> CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS PEAS & CARROTS APPLESAUCE  OR TURKEY COBB SALAD	<b>25</b> BBQ CHICKEN LEG BAKED BEANS CHUCK WAGON VEGGIES PEARS & MANDARIN ORANGES	<b>26</b> CHEESE MANICOTTI WITH MARINARA GARLIC BREAD GREEN BEANS & CARROTS GRAPE JUICE CUPCAKE  OR CHICKEN CAESAR SALAD
<b>29</b> CHICKEN PARMESAN WITH PENNE & MARINARA ITALIAN VEG MEDLEY APPLESAUCE	<b>30</b> BAKED ZITI WITH GROUND BEEF GARLIC BREAD BROCCOLI & CAULIFLOWER PEARS & MANDARIN ORANGES	<p style="text-align: center;"><b><i>SUMMER SALADS ARE BACK!</i></b></p> <p>Salads will be available on Wednesdays &amp; Fridays throughout the summer. Please be sure to order salads at least 2 days in advance. The suggested voluntary donation for salads is \$4.00.</p> <p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>		



*Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$12.10. Please remember to make your reservation at least 24 hours in advance by 10am!*

**NAME** \_\_\_\_\_



- 1 Rose Yuschalk, Nancy Paradis, Ellon Gillon, Carol Smith, Glen Smith
- 2 ETucker Merritt, Katherine Zartun, Raymond Kikas, Maureen Kirouac, Eva Eaton
- 3 Lisa Ferriere, Evelun Matsas, Marie Frazier, Helen Gauthier, Mary Brown, Lois Abt, Paul St. Marie, Joyce Maddaloni
- 4 Curtis Olsen, Winthrop Hilding, Alexander Rascona, Martha Briggs
- 5 Jean Ann Kenny, Eleanor Jourdenis, Judith Lalumiere, Kyung S. LeFrancois, Marie Brandenstein, Susan Morton
- 6 Cynthia Cleary, Russell Martin, Zoma Spivak
- 7 Connie Faurot, Michael McHugh
- 8 June Knuth, John Manfred, Jennifer Hoskins, Doris Holmes, Stuart/Joan Sidney, Paul Sawyer, Guy Lefer, Howard Vigneau,
- 9 Ronald Gingras
- 10 Mary Haskell, Tom Roberts, Justy Gamache, Charles Boster, Thomas Roberts
- 11 Roland Huard, Mildred Larkins, Florence Waxman
- 12 Richard Gaynor, Victoria Dewitt, Florence Bernier, Anthony Kotula
- 13 Elizabeth Doten, Shirley Nance, Cynthia Carr
- 14 Albert Alfand, Shokat Taleghani
- 15 Susan Burzynski, Greta Desai, Judith Yorke, Ronald Drouin
- 16 Roland Legault, Merrill Cummings, Jeanne Dukess
- 17 Leona Marcus
- 18 Elaine Brand, Monica Elsemore, Lee Salina, Terry Brown, Beverly Mason, Mary Luce
- 19 Napoleon Gauthier, Pearl Drouin, Sandra Smith
- 20 Gladys Volkens, Loris Masterton, Josephine Sabino, Roger Broberg, Hilda Stacoffe
- 21 Marcella Booth, Joe Romo, Beryl Griffin
- 22 Joseph Provencher, Doreen Philpotts, Joan Doiron,
- 23 Kavi Rouskanen
- 24 Diane TaylorHirsch, Jane Smith, Phillip Ireland
- 25 Janice Hoyle, Ruth Herrmann, Margaret McCarron
- 26 Carol Olsen, Cynthis Myers, Ann Marie Campbell. Joyce Corriveau, Harold Rowett
- 27 Sally McKee, William Peters, Diana Gross
- 28 June Porter, Raymond Gergler, Susan Carpenter
- 29 Carolee Kingsbury, Bill Gerdson
- 30 Elaine Boudreau, June Curtis, John Heizmann, Arthur Hathway, Fern Hammer

Join us for our  
**June Birthday Lunch!**

Celebrate your day with a delicious meal and the company of good friends!  
On the menu: Hot Dogs, Baked Beans, Broccoli & Carrots, Fruit Cocktail  
**OR** Egg Salad Platter. And, of course,  
Cake & Ice Cream for dessert!

~ June 3rd at 12pm ~



## ADULT & SENIOR SERVICES

### Mobile Food Share at Wright's Village

June 11th & 25th  
11:30am-12:15pm

**Low Vision Group and Caregiver's Support**  
are on hiatus until further notice.

The Disabled/Elderly Homeowners

### Tax Credit Program

Has ended.

Please call Kathy Ann Easley at 860-487-9873 if you have any questions.

## RENTERS REBATE

**Program begins Apr 1st thru Oct 1st. Income guidelines are \$42,200 for married/civil union couples and \$34,600 for single persons.**

**Please call for an appointment.**

Please call Kathy Ann Easley for more information.

## VOLUNTEERS NEEDED

If you already have the knowledge or you're willing to be trained by Senior Resources, you could volunteer as a CHOICES counselor to help seniors navigate through Medicare.

This a year round opportunity.

Please call us at 860-429-3316 or 860-487-9873

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

## SCHOOLS OUT JUNE

17TH



*Our Social Workers are available to assist Mansfield residents connect to individuals with services and programs that are available within the community.*

**Kathy Ann Easley**  
**Adult Services Social Worker**  
**860-487-9873**

# ~ JUNE ~

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:00 QUILTING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG

2.  
8:30 STRENGTH & STABILITY  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR OF AGING  
12:00 LUNCH  
1:00 BINGO

3.  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
11:30 HERRMAN BP  
12:00 CAUSERIES  
**12:00 BIRTHDAY LUNCH**  
1:00 FUND. OF TAP

4.  
8:30 STRENGTH & STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**11:00 UNCOMMON KITCHEN TRIP**  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
3:15 SR. AEROBICS

5.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 PHOTO CLUB  
10:00 KNITTING & CROCHETING  
10:30 SIT & GET FIT  
12:00 LUNCH  
**1:00 ART STUDIO: PAINT A BIRDHOUSE!**  
**1:00 MOVIE: BASEBALL**  
**2:00 CARFIT**

8.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
**9:30 COMMISSION ON AGING MTG**  
10:00 PC HELP  
10:00 WII BOWLING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
1:30 CHORUS  
**2:00 COA SUB-COMMITTEE MTG**

9.  
8:30 STRENGTH & STABILITY  
**9:30 HARTFORD BLOOMS TRIP**  
10:00 WII BOWLING  
10:00 SCRABBLE  
10:00 GENEALOGY  
11:00 PWR OF AGING  
12:00 LUNCH  
1:00 BINGO  
6:00 MS SUPPORT GROUP

10.  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
**10:30 BAY PATH LUNCH TRIP**  
11:00 YOGA  
12:00 CAUSERIES  
**12:00 MSCA ANNUAL MTG & LUNCHEON**  
1:00 FUND. OF TAP  
7:00 TNT QUILTERS

11.  
8:30 STRENGTH & STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
11:30 FOODSHARE  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
3:15 SR. AEROBICS

12.  
9:00 WALKING DVD  
**9:30 DAY AT THE SHORE TRIP**  
10:00 SCRABBLE  
10:00 KNITTING & CROCHETING  
10:30 SIT & GET FIT  
11:15 BRAIN AEROBICS  
12:00 LUNCH  
1:00 ART STUDIO  
**5:00 SUMMER FUN: DINNER & SHOW**

15.  
9:00 SR. AEROBICS  
9:00 WALKING DVD  
10:00 PC HELP  
10:00 WII BOWLING  
10:15 SPARKETTES  
12:00 LUNCH  
1:00 MAHJONGG  
1:30 CHORUS

16.  
8:30 STRENGTH & STABILITY  
**9:00 GILLETTE CASTLE TRIP**  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR. OF AGING  
12:00 LUNCH  
1:00 BINGO

17.  
9:00 WALKING DVD  
9:00 MASSAGE & REFLEXOLOGY  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
12:00 CAUSERIES  
12:00 LUNCH  
**12:00 MSCA 3RD WEDNESDAY LUNCH & SHOW**  
1:00 FUND. OF TAP  
1:00 VNA EAST

18.  
8:30 STRENGTH & STABILITY  
10:00 WII BOWLING  
10:15 SPARKETTES  
**11:30 VANILLA BEAN LUNCH TRIP**  
12:00 LUNCH  
12:30 PWR. OF AGING  
1:00 BRIDGE  
1:00 JEWELRY  
3:15 SR. AEROBICS

19.  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 PHOTO CLUB  
10:00 KNITTING & CROCHETING  
11:15 BRAIN AEROBICS  
12:00 LUNCH  
**12:00 VITAS TRIP**  
12:45 DUP. BRIDGE  
1:00 ART STUDIO

~ JUNE ~

**MONDAY**

**22.**  
**8:30 ESSEX STEAM  
 TRAIN TRIP**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:00 QUILTING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:30 CHORUS

**TUESDAY**

**23.**  
9:00 DR. WALTER  
10:00 WII BOWLING  
10:00 SCRABBLE  
11:00 PWR. OF AGING  
12:00 LUNCH  
1:00 BINGO

WEDNESDAY

**24.**  
9:00 WALKING DVD  
9:30 WOOD CARVING  
10:00 TAI CHI  
10:00 WRITING GRP.  
11:00 YOGA  
12:00 LUNCH  
12:00 CAUSERIES  
1:00 FUND OF TAP  
**2:00 PHOTO CLUB**  
**OPENING RECEPTION**  
7:00 TNT QUILTERS

**THURSDAY**

**25.**  
**9:00 PEABODY**  
**MUSEUM TRIP**  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 11:30 FOODSHARE  
 12:00 LUNCH  
 12:30 PWR. OF AGING  
 1:00 BRIDGE  
 1:00 JEWELRY  
 3:15 SR. AEROBICS

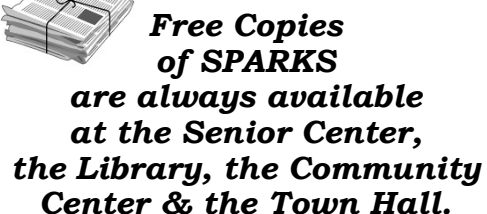
## FRIDAY

**26.**  
9:00 WALKING DVD  
10:00 SCRABBLE  
10:00 KNITTING &  
CROCHETING  
10:30 SIT & GET FIT  
11:15 BRAIN AEROBICS  
12:00 LUNCH  
1:00 ART STUDIO  
1:00 MOVIE:  
BASEBALL

**29.**  
 9:00 SR. AEROBICS  
 9:00 WALKING DVD  
 10:00 PC HELP  
 10:00 WII BOWLING  
 10:15 SPARKETTES  
 12:00 LUNCH  
 1:00 MAHJONGG  
 1:30 CHORUS

**30.**  
8:30 STRENGTH &  
STABILITY  
9:30 WII BOWLING  
10:00 SCRABBLE  
**11:00 POINT BREEZE**  
**RESTAURANT TRIP**  
12:00 LUNCH  
1:00 BINGO

## A horizontal wooden rack with two round knobs at each end holds seven neckties. From left to right, the ties are: 1. Grey with diagonal black stripes. 2. Dark blue with small yellow fleur-de-lis patterns. 3. Red with diagonal black stripes. 4. Brown with a black diamond or lattice pattern. 5. Solid dark blue. 6. Red with small white fleur-de-lis patterns. 7. Black with diagonal light blue stripes.



**Or, look us up online at:  
www.mansfieldct.gov in  
Senior Services under  
Departments.**

***If you're interested in buying a  
subscription that will be mailed  
to your home each month,  
please contact  
Kathy Rule at 860-429-0262,  
ext. 5***

**Have you gotten your MSCA Cookbook yet?**  
It's a wonderful compilation of recipes and artwork  
by Mansfield Seniors! Get yours today!  
**\$10.00 each at the Senior Center**

**~ SAVE THESE DATES ~**

**July 10th:**  
**Summer Evening Series Dinner & Entertainment**

**July 13th:**  
**Mini Spa Day**

**July 24th:**  
**Country Quilt Llama Visit & Picnic**

**July 10th:  
Summer Evening Series Dinner & Entertainment**

## July 13th: Mini Spa Day

## July 24th: Country Quilt Llama Visit & Picnic



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**Karen L. Taylor, at 860-429-3315 or Email: [HumanServ@mansfieldct.org](mailto:HumanServ@mansfieldct.org)**



**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.**  
**THEY HELP MAKE THIS NEWSLETTER POSSIBLE!!**

**SENIOR SPARKS**  
**Mansfield Senior Center**  
**303 Maple Road**  
**Mansfield, Connecticut 06268**

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**Mansfield Senior Center**  
**303 Maple Rd**  
**Mansfield CT 06268**

### **Get Out & Explore with the CT State Park Pass for Seniors!**

The Charter Oak Pass provides access to CT State Parks, Beaches and Forests and is available free of charge to Connecticut residents, 65 years of age or older.

Free admittance is also provided for the Charter Oak pass holder when visiting Gillette Castle, Dinosaur State Park or Fort Trumbull State Park.

Passes can be obtained by sending a legible photocopy of your current CT drivers license or other legal proof of age and residency to:

DEEP Charter Oak Pass  
State Parks Division  
79 Elm Street  
Hartford, CT 06106-5127.

**For more information,**  
**please call 860-424-3200**  
**or visit [www.ct.gov/deep](http://www.ct.gov/deep)**

